

RESPIRATORY INFECTIOUS DISEASES

(such as the flu or COVID-19)

Decision tool

To protect your health and that of other people

Respiratory infectious diseases spread very easily.

They circulate year round, but mainly from late fall to early spring.

The symptoms and their severity can vary depending on a person's age and health.

The main symptoms are as follows:

- fever (for children, see Quebec.ca/GrippeRhumeGastro);
- cough (new or worsened);
- sore throat;
- stuffy nose.

Protective and hygiene measures can also help prevent the spread of respiratory infectious diseases:

- do frequent hand hygiene;
- clean and disinfect your immediate environment, such as furniture surfaces, countertops, door handles and light switches;
- cough and sneeze into the bend of your elbow;
- do not hesitate to wear a well-fitting mask in public places if you are vulnerable to respiratory infections (older adults, pregnant women, people who are immunocompromised or have a chronic disease).

When a vaccine is recommended against an infection or disease, get vaccinated. It's the best way to protect yourself and other people.

Quebec.ca/CampagneVaccination

Quebec.ca/GrippeRhumeGastro

IF YOU HAVE SYMPTOMS OF A RESPIRATORY INFECTION, consult this table to help you make the best decision for yourself and your loved ones.

I don't have a fever, but I do have the following symptoms:

- stuffy nose;
- cough (new or worsened);
- sore throat.

DECISION

- I wear a mask.
- I keep a distance from other people.
- I avoid contact with vulnerable people and non-essential social events.
- I choose to do remote activities, when possible.
- I do a COVID-19 rapid test.
- I consult a healthcare provider like a pharmacist, if necessary.

I have a fever and the following symptoms:

- cough (new or worsened);
- sore throat;
- stuffy nose;
- muscle or joint pain;
- extreme fatigue;
- headache

DECISION

- In addition to the above recommendations, I **stay home**.
- Most people with an infection recover without special treatment.
- Consult Quebec.ca/GrippeRhumeGastro.
- If you are worried, call Info Santé 811, option 1.

I have symptoms of respiratory infectious disease and I am at risk of complications (babies under 6 months of age, people aged 60 and over, pregnant women, people who are immunocompromised or have a chronic disease).

DECISION

- I call **Info Santé 811, option 1**. A nurse will assess my condition and make recommendations based on my health condition.
- When I am around other people, I wear a mask as much as possible.
- I make an appointment quickly to get tested: Quebec.ca/PointServiceLocal.

I have symptoms of respiratory infectious disease and I am in one of the following situations:

- persistent or increasing pain when I breathe;
- worsening or persistent fever (fever that is lasting 5 days or more);
- symptoms that are getting worse or that have not improved after 7 days

DECISION

- I **consult my doctor** as soon as possible.
- If I don't have one, I visit Quebec.ca/GuichetAccès.
- When I am around other people, I wear a mask.
- If in doubt, I contact **Info Santé 811, option 1**.

I am in one of the following situations:

- persistent or increasing difficulty breathing;
- blue lips;
- severe chest pain;
- persistent or worsening severe headache;
- drowsiness, difficulty staying awake;
- confusion, disorientation;
- seizures (the body stiffens and the muscles contract, causing involuntary jerky movements);
- no urine for 12 hours, intense thirst;
- fever in a child who seems very ill, lacks energy and refuses to play;
- fever in a baby who is less than 3 months old.

DECISION

- I **go immediately to the emergency room**.
- If I need immediate assistance or help, I call 911.

The information in this document does not replace the opinion of a healthcare professional. If you have any questions about your health, call **Info Santé 811** or consult a healthcare professional.